

Stream of Dreams

The Shimanto River

Coming down from the skies,
Shading mountains to green,
Colouring the seasons, fulfilling our lives,
On the river flows.
Reflecting the blue of the sky,
On toward the sea,
Rising toward the skies,
Waters stream, waters flow,
The clear waters of Shimanto River.

Shimanto City Tourism Association
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四万十市観光協会 Search

Iwama Chinkabashi (Submersible Bridge): as seen from National Route 441

Shimanto City, Kochi



Ten Million Rape Flower Forest (Willow Grove in Nyuta)



Kuroson Gorge



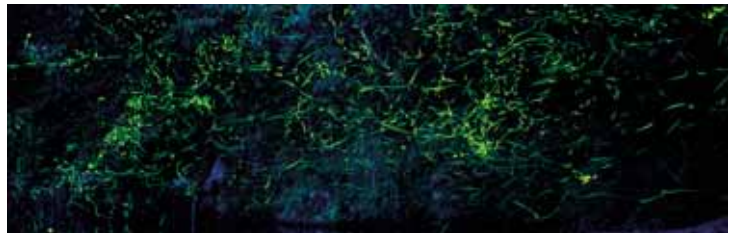
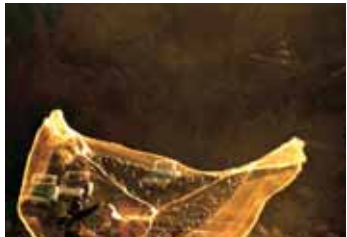
Sada Chinkabashi (submersible bridge)



Misato Chinkabashi (submersible bridge)

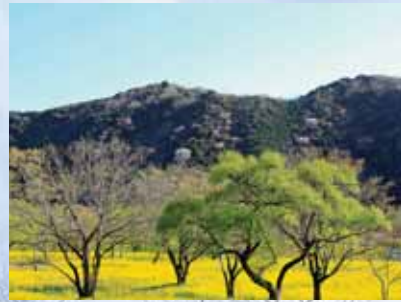


The 196-kilometer Shimanto is said to be the last clear river in Japan, and it is also the longest in Shikoku Island. People have lived beside it throughout history, their lives attuned to the slower pace of nature. The Shimanto River basin has been selected as an Important Cultural Landscape by the national government. Shimanto Time passes by softly and gently, just as it does over the surface of its fresh waters.



Flowers of the four seasons blossoming by the clear stream

Shimantogawa "Hanaemaki" (Flower Festivals)



Rape Flowers

- early March to early April
- Willow Grove in Nyuta

This 2km stretch of natural willow forest is carpeted with bright-yellow rape flowers. Some evenings the path and floral display are lit with lanterns and candles.



Wisteria

- late April
- Kosanji Wisteria Park

At Kosanji Temple, also known as Shimin no Mori (people's forest), wisteria flowers from all over the world are showcased, a sight to soothe the heart.



Hydrangea

- early June
- Yasunami Waterwheels

The waterwheels are surrounded by hydrangeas of blue, light pink, and violet, adding still more charm to the rural scenery. The floral display is illuminated in the evenings.



Cherry Blossom

- mid-March to early April
- Tamematsu Park

One of the finest displays of cherry blossom. During the festival lanterns are lit so the blossom can be viewed after dark.



Water Lilies

- early May to mid-October
- Dragonfly Nature Park

Every morning, three thousand colourful water-lilies open to delight visitors. When they are in full bloom, food stalls offer delicious snacks and games are organised to amuse the children.



Red Spider Lilies

- late September
- Willow Grove in Nyuta

Red spider lilies in vivid bloom along the Shimanto River are truly breathtaking. You can also taste local foods, specialties of the season.



Azalea

- mid-April to late April
- Nishitosa Kuki

Come to the Nishitosa Kuki region and try various fun activities: viewing azaleas and chinkabashi bridges, picking wild vegetables; and fishing for "Amego" (red-spotted masu trout) around the basin of the Kuroson, a tributary of the Shimanto River.



Japanese Iris

- late May to early June
- Dragonfly Nature Park

Ten thousand irises bloom amid a rural forest landscape, recalling a time when scenery like this was common everywhere.



Autumn Leaves

- early November to mid-November
- Kuroson Gorge

The Kuroson River, one of the clearest tributaries of the Shimanto, has been selected as one of Japan's 100 Most Exquisite and Well-Conserved Waters. Its upper reaches flow through a forest of Buna (Japanese beech), and a gorge where autumn leaves, reflected in the clear waters, produce a breathtaking sight.



Shimantogawa Riverside Full Walk
 • 1st Saturday and Sunday of April
 Enjoy the delights of springtime with a stroll along the beautiful clear Shimanto River, especially pleasant if the rape flowers are still in bloom. This walk has become a seasonal tradition with various walking courses and plans available.



Konpira Festival
 (Itsushika "Five-deer" dancing)
 • 1st Sunday of April and November 23, twice a year
 Watch a unique dance dedicated to the gods, a children's tradition, passed down from one generation to the next. Nishigaho, where Konpira Shrine is located, is surrounded by fine scenery and all the richness of nature.



Shimanto River Radio-controlled Seaplane Festival
 • late April
 At this unusual event, held at Nabeshima in Shimanto City, models, ranging from seaplanes to motorboats, are demonstrated with expert skill and control. Aviation classes for children make this an experience for the whole family.



Tosa Ichijo Family Procession (Wisteria Festival)
 • May 3
 Local people re-enact a historic scene, the entry of former ruler Norifusa Ichijo into Nakamura to take up his office. With "gagaku", the ancient Japanese court music, playing in the background, 200 people dressed in Muromachi Period robes parade through the streets of "Little Kyoto of Tosa".

Glossary of Shimantogawa Regional Events



"Kawarakko" Village Festival

- mid-May

In the Kawarakko area, enjoy canoeing, try your hand at herbal dyeing and taste the homemade local food. All the family can enjoy this Shimanto River adventure.



Daimonji Okuribi (Great Bonfire Event)

- July 16 (by the ancient calendar)

This spectacular bonfire at Mt Judaiji (in Masaki), a major local attraction, symbolises the end of summer for "Little Kyoto" Nakamura.



Kokkiriko-dances in Yamachi

- mid-October

A local custom, passed down from the Edo Period. This traditional dance, using two poles, has been designated an Intangible Folk Cultural Property by Shimanto City.



Ichijo Festival

- November 22 to 24

Dating back to 1862 when the Ichijo Shrine was constructed, the festival has been celebrated on a grand scale ever since, with children's processions and various other festivities.



Shimanto Civic Festival (Dancing and lantern float parade)

- 1st Saturday of August

The start of the summer season in Nakamura, the "Little Kyoto of Tosa", with Nakamura odoridancing and lantern floats parading down the streets.



Ancestor Memorial Service in Gontani

- August 15

A Buddhist Obon service in honour of deceased ancestors, held since around 1665, with torchlit incantations on the riverside to the accompaniment of bells and drums. Prayers are offered for those who have died in the last year and food is offered to the gaki (hungry spirits).



Shimantogawa Ultra Marathon

- mid-October

One of Japan's major ultramarathon events, this road-race in the Shimanto River valley takes place over two courses, one of 60km and one of 100km.



Opening of the sweetfish (Ochi Ayu) season

- December 1

For conservation reasons, fishing of Ochi-Ayu (sweetfish) is not allowed earlier. This opening day of the season attracts fishermen from inside and outside Kochi Prefecture to the Shimanto River.



Spider Sumo Tournament

- 1st Sunday of August

Once a game for women of the imperial court, today spider-sumo is a regular summer event here. Over 100 spiders fight in the tournament while local children enjoy the fun. Tourists are welcome to come and take part—your own special spider is waiting for you!



Shimanto Firework Display

- last Saturday of August

This event is viewed from the city center, with fireworks launched from the riverbed at the foot of the Red Iron Bridge. The magnificent display is reflected from the river surface, lighting up the night skies over "Little Kyoto".



Tachibana portable shrine river crossing

- October 29

The resident deity of Shiroiwa Shrine is carried across the river to Yasaka Shrine of the Tachibana district, where traditional rituals are carried out, then returned home next day.



Glass-eel fishing

- early December to early March

Small boats ply the darkened waters at the Shimanto River mouth. Enjoy the beautiful symphony of their lights on a cold winter night.



Shimanto River Swimming Marathon

- 1st Sunday of August

The only swimming marathon in Japan. Participants can choose from two courses, depending on their fitness. How about swimming with sweetfish in the Shimanto River?



Fuba Hachiman Shrine Festival

- the second Saturday and Sunday of October

In this unique "wedding ceremony", a portable shrine with the goddess of Ikku Shrine (the bride), crosses the river to exchange betrothal gifts with the god of Fuba Hachiman Shrine (the groom) and perform a ceremony. This holy marriage is carried out in the old traditional way by clashing the portable shrines against each other.



Autumn Festival in Hage (Hanatori-dancing and Ushi-oni)

- November 2

Ushi-oni (grotesquely masked) figures and portable shrines process across the chinkabashi bridge and back escorted by young dancers and children. Afterwards dances are performed on the grounds of Hage-Tenmangu Shrine.



Harvesting Green Seaweed on the Shimanto River

- early December to late March

The green seaweed picked near the river mouth is said to be the best in Japan in terms of aroma, colour and taste. This traditional activity is a winter attraction of the region.

Relax amid the idyllic pastoral setting of the Shimanto valley,
which has hardly changed in centuries.

Boat Tours on the Shimanto River

Enjoy the beautiful scenery of the Shimanto River valley, breathe the sweet clear air and see interesting sights such as traditional fishermen at work. Boat tours, including the traditional white-sailed Senba-boats, are operated on a regular timetable and boats can also be chartered for private hire. Tours including a meal on board are also available by reservation only.

Regular Tours: Depart every other hour.

On demand tours: Boats can depart at any time – it's best to book in advance.

Fares: Adults 2,000 yen (Senba 2,500 yen) Children (7-12 years) 1,000 yen (Senba 1,250 yen)

Please note: Tours may be cancelled due to bad weather. For further information English-speakers should contact Shimanto City Tourism Association.

1 Canoe Kan	☎0880-52-2121	Nishitosa Mochii, Shimanto City	On demand tours (Reservations required during the off-season period)
2 Nattoku	☎0880-38-2918	Tadenokawa, Shimanto City	Regular tours from 8:00AM (April to September) or from 9:00AM (October to March)
3 Shimanto no Ao	☎0880-38-2000	Misato, Shimanto City	Regular tours from 9:00AM One-way shuttle service to or from dock available with reservation (min 2 passengers)
4 Ebisu Taishi	☎0880-38-2321	Misato, Shimanto City	On demand tours
5 Sakoya	☎090-5147-4023	Sada, Shimanto City	On demand tours
6 Senba	☎0880-36-2227	Nyuta Heimoto, Shimanto City	Regular tours in the period of March 20 - November 30
7 Matsuhiroya	☎0880-35-0022	Sada, Shimanto City	On demand tours Shuttle service to dock available with reservation (min 2 passengers)
8 Shimantogawa Kanko Kaihatsu	☎0880-36-2227	Yamachi, Shimanto City	Regular tours from 9:30AM



1



2



3



4



5



6



7



8

For the location of each tour company refer to the Shimanto River Leisure Map on pp 15-16.



Kosanji Wisteria Park

The public park surrounding Kosanji Temple is an ideal place for hiking and enjoying forest nature. The temple itself is associated with the famous monk Kobo-Daishi, and its observation tower gives a panoramic view of the Shimanto River and the city. In the spring, approximately 400 wisteria (32 species) from all around the world are in glorious bloom.
Address ■ 974-1 Sakamoto, Shimanto City
Park hours ■ March 16 to September 30 9:00-19:00, October 1 to March 15 9:00-16:30



Kawarakko (canoeing and camping)

Shimanto Canoeing and Camp no Sato (camping grounds) is situated beside the Shimanto River in a rich natural setting. Beginners are welcome to try canoeing. There are 27 camp-units (each with its own sink), canoes for rent, inflatables, bike rentals from Shimantogawa Ring-ring Cycle, shower facilities, locker rooms and laundromats. Overnight stays: Checkin 15:00, checkout 13:00. Short stays between 10:00-16:00.
Address ■ 24 Tadenokawa, Shimanto City
TEL 0880-31-8400 FAX 0880-31-8401
Closed ■ Mondays October 1 to June 30 (Tuesday if Monday is a public holiday). Open every day July to September.
<http://www.kawarakko.com/>
E-mail: kawarakko@40010.com



Hirano, Futami Surfing Beaches

These popular surfing beaches are 5 min by car from the entrance of the Tosa Seinan Great Park. Surfers from around Shikoku and all over Japan gather here to catch the best waves.



Shimantogawa Wild Bird Nature Park

A paradise for wild birds on the banks of the Shimanto. Birds can be seen along the water-side at any season, but winter is the best time to spot them.
Address ■ 1001-1 Masaki, Shimanto City



Motor campsite "Tomarotto" Tosa Seinan Great Park

A fully equipped motor campsite near the Shimanto River mouth, overlooking the Pacific Ocean. First-time campers welcome! 17 cabins, 9 "tengalow" units, 48 tent sites. Facility block with snack bar, coffee shop, laundromat and shower facilities, a sports hall, three kitchen areas, barbecue sites, toilets, showers, outdoor theatre and playground.
Address ■ 3535 Shimoda, Shimanto City
Gates open ■ from 8:00 to 21:45
TEL 0880-33-0101 FAX 0880-33-0202
■ Open everyday
<http://www.tomarotto.com/>
E-mail: camp@tomarotto.com



Shimantogawa Camping Grounds

Located upstream from the Shimantogawa Bridge (Red Iron Bridge) on the Gundo side. No charge for camping here, water supply and toilet cubicles provided.
Give requests to ■ Shimanto City Park Management Office
TEL 0880-37-0608



Yasunami Waterwheels

An ancient canal (The Channel of the Four Villages) was constructed by Kenzan Nonaka to bring water to the fields. Waterwheels of various sizes, set along its banks, deliver water from the canal to the rice paddies, a homely, nostalgic scene. (The wheels are not always in operation, dependant on the water supply.)
Address ■ Yasunami, Shimanto City



Canoe Kan (canoeing and camping)

Half or full-day canoeing courses for all levels including beginners. An exhibition of canoes from all over the world. Shimantogawa Ring-ring Cycle offers bike rental.
Address ■ 1111-11 Nishitosa Mochii, Shimanto City
TEL 0880-52-2121 FAX 0880-52-2424
Hours of operation ■ 8:30-17:30
Bike rentals 8:30-17:00
Closed ■ January 1 - 3
<http://www.canoeikan.com/>
E-mail: info@canoeikan.com



Shimanto Gakusya

Stay in an old converted school and take courses in activities such as rafting, canoeing, and snorkelling. Further courses are available giving experience of fishing, farming and forestry. Also suitable for group retreats, school trips, outdoor recreational activities and many other purposes.
Address ■ 408-1 Nishitosa Nakaba, Shimanto City
TEL 0880-54-1230 FAX 0880-31-9788
Closed ■ every Wednesday, and from December 28 to January 4 (Open 7 days a week; from end April to early May; from July to September)
<http://www.gakusya.info/>
E-mail: shimantogakusya@gmail.com

Nakamura 'Little Kyoto of Tosa'

About 550 years ago, Lord Ichijo left Kyoto for the Tosa region to avoid the Onin War. The Ichijos modelled their new capital on Kyoto using a grid design and gave the streets famous names such as Gion, Kyomachi, Kamogawa, and Higashiyama; therefore, this area came to be called the "Little Kyoto of Tosa". Even today traces remain all over Shimanto City of the Ichijo Family heritage and the later rule of the Yamauchi family during the Edo period. Stroll through these historic streets and visit the many ancient sites.

History of the Ichijo Family

Norifusa Ichijo moved from Kyoto to take possession of Hata Manor (the present Shimanto City) in 1468. He was succeeded by Fusaie Ichijo, his second son, who built a new town here modelled on Kyoto. For the next 106 years, the Ichijos ruled this region as court nobles.

Hikitsuchi Funato

Located to the north of town, Hikitsuchi Funato docks served as a port for riverboats, the main form of transport at the time. Many houses and boathouses were built in this area and during the Chosokabe era, Chief Minister Kuwana Yajibei used to live nearby.

Sakuramachi

The district was home to the chief ministers of the Yamauchi Family.

Ruins of Konyamachi

During the most prosperous days of the Yamauchi period, many "Konya" (dyer's shops) were set up, and this area became a centre of commerce.



Grave of Masatoyo (Yoshitoyo) Yamauchi

Grave of Masatoyo (Yoshitoyo) Yamauchi

Second generation lord of the Nakamura-Yamauchi clan, Masatoyo died in 1629. He was buried near the old Myoinji Temple, in modern-day Kamikoshomachi. The temple is now gone, but the grave remains on the mountainside.



Grave of Tadanao Yamauchi

Grave of Tadanao Yamauchi

Tadanao became Lord of the Nakamura sub-clan of Yamauchi in 1656 and died in 1667. The huge Gorinto (five-stage stone column) marking his grave is one of the largest in Kochi Prefecture.



Kuroson Shrine

Ruins of Hata County Magistrate's Office

In 1630 Lord Tadanao Yamauchi moved into this Nakamura mansion. In 1689, when the Nakamura clan was incorporated into the Kochi main clan, this building became the Hata County Magistrate's Office.



Lord Fusaie Ichijo

Kuroson Shrine

Set on a steep hillside, the shrine stands among huge cedar and cypress trees, more than 500 years old. The god here is said to take the form of a giant serpent and grant people's wishes.



Ruins of Nakamura Castle

Ruins of Nakamura Castle

Four castles were built at different times on the peak of Mt Tamematsu but little remains of them. The ruined stone walls, discovered in 1965, are thought to date from 1613, when Masatoyo Yamauchi ruled here.



Fuba Hachiman Shrine

Fuba Hachiman Shrine

A Nationally Designated Important Cultural Property, built between 1469-1487 by Lord Ichijo, this guardian shrine is an offshoot of the Iwashimizu Hachiman Shrine of Kyoto. The shrine is a fine example of Muromachi Period architecture, featuring a main hall roofed with wooden shingles and built in the sangensha nagarezukuri style. Don't miss this outstanding remnant of mediaeval Japan.

Grave of Princess Tamahime

The daughter of Fushimi-no-miya Kunitaka, an Imperial Prince, Princess Tamahime came to Tosa in 1521 to marry Fusafuyu Ichijo, chief of the Tosa-Ichijo Family.



Grave of Princess Tamahime

Shimanto City Historical Museum

A museum built in the style of a traditional castle, located in the ruins of Nakamura Castle (Tamematsu park) containing many precious exhibits such as the Seven Star Sword (below) and items related to the Ichijo family. The tower gives a panoramic view of the Shimanto River and the city. Tamematsu Park is also a good place for viewing cherry blossom. Open: 8:30-17:00 (Last admission 16:30) TEL 0880-35-4096



Shimanto City Historical Museum



The Seven Star Sword of Ikku Shrine

This priceless ancient sword used to be housed in Ikku Shrine (of Masaki, Shimanto City), but its origins are unknown. The pattern on the blade is said to represent the Big Dipper constellation, and the double-edged design is extremely rare.



Daimonji Okuribi (Great Bonfire Event)

On the former Obon memorial day, the slopes of Mt Judaiji (in Masaki) are lit up by a spectacular bonfire—a major event of the summer season. (Date Varies; July 16, lunar calendar).



Grave of Norifusa Ichijo

Grave of Norifusa Ichijo

This former chief advisor to the Emperor moved from Kyoto to Nakamura to avoid the Onin war (1467-1477). Norifusa worked to develop the Nakamura area into the commercial centre of the region until his death in 1480 at the age of 58. Myogeji Temple, his family temple, is thought to have been close to where Nakamura high school stands today.



Shusui Kotoku
1871 - 1911

Born to a wealthy merchant's family of Nakamura, Kotoku was a bright student and in 1887 he moved to Tokyo to study under leading political figures. He worked as a newspaper correspondent and became active in the socialist movement, publishing several books such as "Shakai Shugi Shinzui" (The Essence of Socialism). In 1911, he was executed on suspicion of involvement in a plot to assassinate the Emperor, but in recent years, Kotoku's socialist ideologies have become more respectable and it is now thought he played no active role in the plot. In December of 2000, Nakamura city assembly recognised the injustice by making the official "Resolution to Honour Shusui Kotoku". Every year on the anniversary of his death a memorial service is held at his grave.

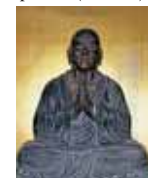


Shinkichi Higuchi
1815 - 1870

Shinkichi Higuchi was born in Hata county of Nakamura, the son of a common soldier. He travelled widely, and became expert in Japanese fencing, also learning archery, and gunnery. At 24 he returned to Nakamura to open a martial arts school with over 1000 students. Later Shinkichi served as an official in local government. A leader of the Kinnoto Confederation, a traditionalist movement in the west of Tosa, he argued for restraint. In 1868 he fought in the Boshin War which overthrew the shogunate and restored power to the Emperor. He subsequently held high offices in the national government in Tokyo where he died at the age of 56.



Wooden Seated Statue of Kaiho Shoko (NDICP)



Wooden Seated Statue of Sengen Kakuun (NDICP)



Seated Statue of Nanbutsu Shonin



Ichijo Shrine

Ichijo Shrine

Built in 1862 in honour of Tosa Ichijo, a founder of the culture and economy of the Nakamura district. Inside the grounds of this shrine are the Kesho no Ido (a well) and other mementoes of Lord Ichijo.



Dragonfly Kingdom (Tombo Okoku)

Shimanto City Dragonfly Nature Park The four seasons (of the Dragonfly Kingdom)

Dragonflies are a symbol of water purity

The basin of the Shimanto River is blessed with clean waters and an unspoiled environment, so that dragonflies abound here. Shimanto Dragonfly Kingdom (Shimanto Dragonfly Nature Park) boasts 76 different species, with more different species per hectare than any other park in Japan. Visit from early spring to late autumn, to watch these beautiful creatures in flight and at rest.

The world's first dragonfly sanctuary

In 1985, at Ikedatani on the outskirts of Shimanto City a group of local citizens began construction of the world's first dragonfly sanctuary. Since then the site has grown and even today, the National Trust continues to expand this valuable resource. In one section of the park the "Shimantogawa Gakuyukan 'Akitsuio'" pavilion houses a collection of dragonfly species from around the world as well as fresh- and brackish-water fish from the Shimanto River and elsewhere.



Dragonfly Pond under construction



Finished Dragonfly Pond

Dragonfly Pavilion

The world's largest collection of dragonflies – 3,000 specimens of over 1,000 species – as well as movie presentations on the life of dragonflies and samples of other insects from around the world.



The world's largest dragonfly, *Mecistogaster lucretia* ♂(left) and Japan's largest, *Anotogaster sieboldii* ♀(right).

Fish Pavilion

300 fresh and brackish water fish species from all over the world, including 130 local to Shimanto, make this the most extensive breeding collection of such fish in Japan. Try feeding the giant fish pirarucus for a truly 'big' experience!



Japanese lates

Shimantogawa Gakuyukan (Akitsuio)

The name Akitsuio is made up from Akitsu the old Japanese word for dragonfly, and -io which, in the dialect of this region means 'fish'. The staff of Dragonfly Kingdom, out of love and appreciation for both dragonflies and fish, have pooled their efforts to collect the vast number of species which make up this outstanding collection. Consider the dedication to nature which has created this exhibition, and listen to the sincere message of encouragement for nature conservation. Why not visit Akitsuio after strolling by the river, to make a perfect day on the banks of the Shimanto.

Address■ 8055-5 Gudo, Shimanto City
TEL 0880-37-4111 FAX 0880-37-4113

Hours■ 9:00 - 17:00

Closed■ Mondays (If Monday is a public holiday, it will open that day and close on Tuesday instead) Open every day during spring holidays, Golden Week, summer and winter holidays.

Admission■ Adults (over 18) 840 yen, Groups 670 yen
Jr. high and high school students 420 yen, Groups 330 yen
Children (over age 4 and elem. school students) 310 yen
Groups 250 yen
(* A group must be a party of 20 persons or more)

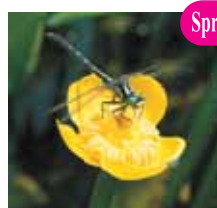
Parking lots■ Available

<http://www.gakuyukan.com/dragonfly>

Email: shimanto@gakuyukan.com



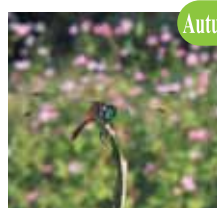
For dragonfly watching, sunny weather and the morning hours are the best!



Trigomphus citimus tabei
late March to late May



Anax parthenope julius
late April to late October



Sympetrum kunkeli
mid-June to mid-December



Kingfisher
throughout the year

Also enjoy the many bright flowers!



Iris
late April to mid-May



Nuphar subintegerrimum
late April to mid-September



Japanese Iris
late May to mid-June



Water lily
late April to mid-October



Polygonum thunbergii
mid-October to early November

Dragonfly Kingdom is also famous for its flowers and plants.

Shimanto Iyashi no Sato

Set on a hill in Tosa Seinan Great Park. The hillside nearby has a wonderful view of the clear Shimanto River as it flows out into the Pacific. Inside the village is a bathing area, "Shimanto Iyashi no Yu" and "Restaurant Sanzenkai", as well as comfortable accommodation. With an eco-conscious design, this is a stimulating, healthy place to stay. Address■ 3363 Shimoda, Shimanto City
TEL 0880-31-5111
FAX 0880-31-5112
<http://www.shimanto-iyashinosato.com>



Shimanto Iyashi no Sato



Restaurant



Hot springs・medicinal bath



Open-air, seawater bath

Shimanto Iyashi no Yu

In addition to the hot springs bath, you can bathe in the herbal medicine bath, the infra-red heated sauna, and bathe outdoors in seawater pumped up from the Pacific Ocean. Unwind, feel nature's breeze on your skin and enjoy yourself to the fullest!

Business hours■ April to October 6:00-22:00

November to March 6:30-22:00 (Last admission 21:30)

Admission ■ Adults 630yen, Children (under 16) 310yen

* For a group with more than 20 persons, a group discount rate will apply.

After bathing, relax to the sound of chirping birds and ocean waves in "Iyashi no Ma", the healing room or try "Nagomi no Ma" with its under-floor charcoal. Also try the "Shin no Ma" for a physical check-up, and the "Taikyoku no Ma", "Ki no Ma", and "Manabi no Ma" where you can learn Tai Chi and Qigong breathing techniques. Everything here is designed to cure your ills and banish your fatigue.

Hotel Seira Shimanto

Set on a hill overlooking the Shimanto River, this hotel is surrounded by the beauty of nature. Specialities served in the restaurant include sweetfish and shrimps from the Shimanto River, grilled local beef, and the abundant natural ingredients from all around the region.

Address■ 1100 Nishitosa Mochii, Shimanto City
TEL 0880-52-2225 FAX 0880-52-2004

Hours■ 7:00-10:00, 16:00-22:00

On Saturdays, Sundays, and public holidays, hotel's bathing area is also open between 11:00 and 14:00.

Admission ■ Adults 800yen, Children (under 13) 400yen
Restaurant■ 8:00-21:00 (Last orders 20:15)

<http://www.seirashiamnto.com/>

E-mail: mail@seirashimanto.com

Sanson Health Center

Set on a hill which has views of the Shimanto River, the center is close to Canoe Kan and a perfect base for outdoor activities. Enjoy dishes prepared with local products such as wild vegetables and freshwater fish. Mochii hot springs bath will soothe and caress your skin, and can be used by day-trip visitors as well as guests staying overnight.

Address■ 1100-3 Nishitosa Mochii, Shimanto City
TEL 0880-52-1362

Hours■ April to September 13:00-21:00,
October to March 15:00-21:00

Admission■ Adults: 350 yen,

Children or Guests above age 65: 200 yen



Sanson Health Center



Celestial Observatory

Nishitosa area has always been famous for its clear, star-studded skies. It used to be designated by the Ministry of the Environment as the "City with Starlit Sky". Inside the 5-meter dome is a Schmidt-Cassegrain reflecting telescope, through which craters on the moon and the rings of Saturn can be clearly seen. (Reservations required)

Address

■ 1126-1 Nishitosa Mochii, Shimanto City
TEL 0880-52-1110

Hours

■ Summertime from 20:00, Wintertime from 19:00
(40-45 min. required for observing)

Basic Guide Fees

■ Basic fee: 2000 yen + 500 yen x Number of guests



Country Life Experience Center House of Minehage, etc.

Various houses around the Nishitosa area, can be rented by families and groups, or used for training courses. These traditional houses, equipped with kitchen facilities, have been fully renovated so visitors can stay in comfort. Rent a whole house and experience the peaceful country life.

Contact: Canoe Kan

TEL 0880-52-2121 FAX 0880-52-2424

Blessings from mountain, river and sea.



Shimanto Chestnuts

Chestnuts nourished by the clear Shimanto waters are particularly large, their flavour sweet and rich.



Yuzu (Japanese citrus fruit)

Kochi Prefecture is well-known for Yuzu, and Shimanto, with its fresh air and water and organic farms, is a major region of production. Yuzu miso pastes and jams are among the most popular and typical of local foods.



Cuisine of the Shimanto River, made with fresh local ingredients from this rich natural environment and always served with traditional warm hospitality.

Rice with sweetfish



Wild sweetfish

The flavour of sweetfish varies depending on the different kinds of river-weed they eat. Sweetfish from the Shimanto, is called the "aroma fish" because when freshly caught it smells of watermelon, and the taste of the cooked fish recalls the scent of a clear stream.



Wild eel

Eels are caught by the traditional local methods of Korobashi (using baited traps) and Ishiguro (using a stone-pile lure) to provide dishes with the typical Shimanto River flavour.



Suji aonori (a kind of green seaweed)

Growing only in the coldest months of December to March in the brackish reaches of the river, suji aonori from the Shimanto is a gourmet delicacy prized for its superb quality and takes a 90% share of the domestic market.



■ Tsukudani (boiled hitoegusa in soy sauce)

Hitoegusa (a kind of green seaweed)

Hitoegusa, hand-picked at the Shimanto River mouth where fresh and salt waters merge, has a rich aroma, a fresh flavour and a tender, fluffy-soft texture.



■ Hitoegusa Tempura

River shrimps

The long-armed Shimanto River shrimps have a firm texture and, when grilled, a fine flavour and aroma.



Wild Vegetables

Wild plants from Shimanto's mountains and valleys have long been known to be both tasty and nutritious. They remain an important part of the local diet, prepared using many traditional recipes.



Wild Vegetable Sushi

Two kinds of sushi (Inaka-zushi and Sansai-zushi) made from nabana (rape flower buds), myoga-ginger, bamboo shoots, konnyaku (devil's tongue cake) and other wild vegetables. This simple homely sushi is an ancient local tradition.

Rice

Water flows from the high mountains, via the streams and tributaries of the Shimanto River into the rice paddies, to produce "Mountain Valley Rice". Sweet, firm and moist with its fine aroma, and superb flavour this rice embodies the natural richness of Shimanto region.



Goby



■ Goby-fish cooked in soy sauce



In March, when the river temperature begins to rise, the goby-fishing season starts. The appearance of this popular seasonal speciality marks the arrival of spring around the Shimanto River.



■ Ganemiso (mitten crab paste)

Japanese mitten crab

The Shimanto River mitten crab is related to the famous and expensive Shanghai crab. The rich dense meat and the shell are ground together to make ganemiso (mitten crab paste). Local people call this Tsugani and enjoy it in soup.



Sake

Delicious sake is made with utmost care from the finest rice and the clearest mountain water.



Shimanto River Leisure Map



- Toilet
- Rest Area
- SC : Shopping Center
- CS : Convenience Store
- GS : Gas Station
- Chinkabashi (Submersible Bridge)
=A bridge without handrails designed to submerge in a flood

All distances and time required are calculated from the Tourist Information Center.



G Sada Chinkabashi

Chinkabashi (Submersible Bridge) is a bridge without handrails, designed to submerge in a flood. This is the longest and furthest downstream of 47 submersible bridges on the Shimanto River system. Nine of these, including Sada, are in Shimanto City.

H Ichijō Shrine

Constructed by volunteers at the site of the Ichijō family mausoleum in 1862, in honour and remembrance of the Ichijō family, who made a great contribution to the economic and cultural development of Nakamura (now Shimanto City)

I Shimanto City Historical Museum

Built in the style of a traditional castle and located in the ruins of Nakamura Castle, the museum offers panoramic views of the city center and Shimanto River.

J Yasunami Waterwheels

Chief retainer Kenzan Nonaka constructed an irrigation system in the Edo Period with many waterwheels along the banks to draw water into the paddy fields. These are no longer use, but some new ones have been built to show how they work. In June hydrangea blooms give the area peaceful, countryside appeal.

Shimanto River Walking & Cycling tours

- 10km Tour of historic sites**
A→B→H→I→A
Estimated cycling time 2hr
Estimated walking time 4hr
- 11km Riverside tour**
A→B→H→J→A
Estimated cycling time 3hr
Estimated walking time 4hr
- 16km Akame path and Shimanto River brackish water tour**
A→K→L→M→N→O→A
Estimated cycling time 3hr
Estimated walking time 5hr
- 17km Sada Chinkabashi and countryside tour**
A→B→C→D→E→F→G→H→A
Estimated cycling time 3hr
Estimated walking time 5hr
- 42km Shimanto River mountain bike tour**
Tourist Information Center ⇄ Ekawasaki Station
Estimated cycling time 4hr

Shimantogawa Bicycle Rental

For use within the city

Bikes can be rented from the Tourist Information Centre for short trips only (such as the city center, Sada Chinkabashi and so on). All bikes must be returned to the same place.

Ladies city bike with basket
Rental fee: 5hours or less 600yen
24hours (Any 24hr period) 1,000yen
(Late fee: 100yen/hour)

Mountain bike
Rental fee: 5hours or less 1,000yen
24hours (Any 24hr period) 1,500yen
(Late fee: 100yen/hour)
Opening hours: 8:30~17:30
Contact: Shimanto City Tourism Association (Tourist Information Center) TEL: 0880-35-4171

For long distance along the Shimanto River (Mountain bike) Shimantogawa Ring-ring Cycle

Mountain bikes can be rented and ridden up to 40km along the Shimanto River. Bikes can be picked up and dropped off at any of the seven offices.

Rental fee: Full day (until 17:00) 1,000yen
24hours (Any 24hr period) 1,500yen
(Late fee: 200yen/hour)
Opening hours: 8:30~17:00
Contact: Canoe Kan TEL: 0880-52-2121
Ekawasaki Staion TEL: 0880-52-1984
(Furusato Annaisyo, Tourist Information)

Canoe Kan	TEL: 0880-52-2121
Shimanto Gakusya	TEL: 0880-54-1230
Shaenjiri	TEL: 0880-54-1477
Kawarakko	TEL: 0880-31-8400
Shin Royal Hotel Shimanto	TEL: 0880-35-1000
Shimanto City Tourism Association	TEL: 0880-35-4171

For long distance in the Ashizuri Area (Mountain bike)

Mountain bikes can be rented to cycle around Ashizuri Cape and Kashiwajima Island. Bikes can be picked up and dropped off at several offices.

Rental fee: Full day 2,000yen Two days 2,500yen Three days 3,000yen
(Late fee: 1,000yen/day)
Opening hours: 8:30~17:30
Contact: Shimanto City Tourism Association (Tourist Information Center) TEL: 0880-35-4171



B Fuba Hachiman Shrine

In the 15th century the Ichijōs built this shrine to house deities from Iwashimizu Hachiman Shrine in Kyoto. The honden (main building) roofed with shingles, is a classic example of Muromachi period architecture and is a Nationally Designated Important Cultural Property.

C Shimantogawa Bridge

This bridge, built in 1926, spans the Shimanto River in the center of Shimanto City, about 10km from the river mouth.

D Dragonfly Nature Park

The world's first dragonfly sanctuary, protected by the National Trust, with more different species per hectare than any other park in Japan. 76 species can be seen here, from early spring to late autumn.

E Field of Rape Flowers

About 2km of willow groves and fields of rape flowers along the Shimanto River bank. Many tourists come in spring to walk across a yellow carpet beside the blue river as the new willow leaves dance in the breeze.

F Sakura Zutsumi (Cherry Blossom Viewing Point)

About 500 cherry trees have been planted along the Shimanto River. In spring you can view the spectacular display of blossom.

A Tourist Information Center

Tourist Information
Rent a bike
Boat trip tickets
TEL 0880-35-4171

Nakamura Area Map

(Nakamura Tourist Information Center 0880-35-4171)

Area code (0880)

Dining out

Nakamura Area

Accommodation

- (R) Asahina Ryokan
- (R) Ichijoso
- (H) Shin Royal Hotel Shimanto
- (M) Tabinoyado Jukichi
- (H) Nakamura Daiichi Hotel
- (H) Nakamura Prince Hotel
- (R) Nagomiyado Anjuan
- (H) Business Hotel Ichijo
- (R) Fukuda Ryokan
- (M) Pension Shimantogawa
- (M) Pension Hirano
- (H) Hotel Crown Hills Nakamura
- (H) Hotel Shimanto no Yado
- (H) Hotel Century Shimanto
- (H) Hotel Myojo
- (R) Marudai Ryokan
- (M) Minshuku Ai
- (M) Minshuku Koban
- (M) Minshuku Sakura
- (M) Minshuku Sesaragiso
- (M) Minshuku Suzu
- (M) Minshuku Tosa
- (M) Minshuku Nakamura
- (R) Ryokan Wakamatsu
- (M) Shimanto in Riverside
- (M) Pension Bee
- (M) Kawabe no cottage
- (H) Hotel KOKOMO
- (M) Yube Tei
- (M) Tomansaiya

- | | | | |
|------------------------------------|---------------|------------------------------------|---------------|
| 1 (J) Akame Kan | 34-2255 | 1 (J) Akame Kan | 36-2227 |
| 2 (J) Azuma | 35-2347 | 2 (J) Azuma | 34-2155 |
| 3 (J) Aya Shokudo | 35-1000 | 3 (J) Aya Shokudo | 34-5825 |
| 4 (J) Ayusen | 35-3552 | 4 (J) Ayusen | 34-7074 |
| 5 (J) Issui | 34-7211 | 5 (J) Issui | 34-7727 |
| 6 (J) Inaka | 35-5551 | 6 (J) Inaka | 35-6060 |
| 7 (J) Ippu | 35-3184 | 7 (J) Ippu | 35-5508 |
| 8 (J) Ushiwakamaru | 34-1500 | 8 (J) Ushiwakamaru | 34-4364 |
| 9 (J) Norakuro | 35-4108 | 9 (J) Norakuro | 35-0620 |
| 10 (C) Country | 34-4100 | 10 (C) Country | 34-2275 |
| 11 (J) Ganpuku | 33-1839 | 11 (J) Ganpuku | 34-7166 |
| 12 (J) Kawara | 34-2811 | 12 (J) Kawara | 35-6059 |
| 13 (J) Kikawa | 33-1600 | 13 (J) Kikawa | 34-4571 |
| 14 (J) Kihachi | 35-0033 | 14 (J) Kihachi | 34-0633 |
| 15 (J) Konya Tei | 34-7222 | 15 (J) Konya Tei | 34-6700 |
| 16 (J) Sakoya | 35-2017 | 16 (J) Sakoya | 34-7786 |
| 17 (J) Sangeitsu | 35-2829 | 17 (J) Sangeitsu | 35-6010 |
| 18 (J) Sanpei | 34-5923 | 18 (J) Sanpei | 34-5947 |
| 19 (J) Shimantoya | 34-3062 | 19 (J) Shimantoya | 36-2828 |
| 20 (J) Kuishinbo | 34-1653 | 20 (J) Kuishinbo | 34-6353 |
| 21 (J) Joren | 34-5655 | 21 (J) Joren | 35-2360 |
| 22 (J) Sushichi | 34-2929 | 22 (J) Sushichi | 35-2853 |
| 23 (J) Sumibiya | 34-3059 | 23 (J) Sumibiya | 35-1190 |
| 24 (J) Senri | 34-1505 | 24 (J) Senri | 34-7252 |
| 25 (A) Daihachi | 31-9115 | 25 (A) Daihachi | 34-1833 |
| 26 (J) Tairyosushi | 090-1329-6330 | 26 (J) Tairyosushi | 35-3063 |
| 27 (J) Takumi | 35-1133 | 27 (J) Takumi | 090-4789-7207 |
| 28 (J) Taniguchi | 35-3684 | 28 (J) Taniguchi | 34-3388 |
| 29 (J) Chika | 090-1033-3606 | 29 (J) Chika | 34-5041 |
| 30 (J) Chiyo | | 30 (J) Chiyo | 34-5735 |
| 31 (J) Choaniki | | 31 (J) Choaniki | 34-5133 |
| 32 (J) Terada | | 32 (J) Terada | 35-2658 |
| 33 (J) Togo | | 33 (J) Togo | 35-1188 |
| 34 (J) Dotonbori | | 34 (J) Dotonbori | 35-5455 |
| 35 (J) Tombo | | 35 (J) Tombo | 37-6477 |
| 36 (J) Nakahira | | 36 (J) Nakahira | 34-4077 |
| 37 (J) Nattoku | | 37 (J) Nattoku | 38-2918 |
| 38 (J) Hatsumma | | 38 (J) Hatsumma | 34-0341 |
| 39 (J) Hakkenden Shimantoten | | 39 (J) Hakkenden Shimantoten | 34-7008 |
| 40 (J) Hanazen | | 40 (J) Hanazen | 34-5088 |
| 41 (J) Hanamaru Udon | | 41 (J) Hanamaru Udon | 31-1870 |
| 42 (J) Hanami | | 42 (J) Hanami | 34-3171 |
| 43 (B) Pinocchio | | 43 (B) Pinocchio | 34-4188 |
| 44 (J) Shimantogawa | | 44 (J) Shimantogawa | 34-0355 |
| 45 (J) Shimanto Onsen Heiwa na Yu | | 45 (J) Shimanto Onsen Heiwa na Yu | 31-0877 |
| 46 (A) Hokka hokka Tei Shimantoten | | 46 (A) Hokka hokka Tei Shimantoten | 37-1992 |
| 47 (A) Hokka hokka Tei Nakamuraten | | 47 (A) Hokka hokka Tei Nakamuraten | 35-4554 |
| 48 (J) White Castle | | 48 (J) White Castle | 35-2706 |
| 49 (J) Masudaya | | 49 (J) Masudaya | 35-0270 |
| 50 (J) Masuyama | | 50 (J) Masuyama | 35-5314 |
| 51 (C) Mandaraya | | 51 (C) Mandaraya | 35-0365 |
| 52 (J) Motoya | | 52 (J) Motoya | 35-0358 |
| 53 (J) Yakara | | 53 (J) Yakara | 35-2170 |
| 54 (J) Yakunikuya | | 54 (J) Yakunikuya | 34-2652 |
| 55 (J) Yajirobei | | 55 (J) Yajirobei | 34-6869 |
| 56 (J) Yamasaki Ryoriten | | 56 (J) Yamasaki Ryoriten | 35-5101 |
| 57 (J) Yosakoi | | 57 (J) Yosakoi | 34-1832 |
| 58 (J) Ryosui | | 58 (J) Ryosui | 34-3815 |
| 59 (J) Wakamatsu | | 59 (J) Wakamatsu | 35-0051 |
| 60 (J) Masamichi | | 60 (J) Masamichi | 34-7717 |
| 61 (J) Soshi An | | 61 (J) Soshi An | 34-9212 |

For sightseeing

- Rent a bike 35-4171
Ring-ring Cycle (Rent a bike) 52-2121
Sightseeing Taxi 35-4171
Machi Bus 34-1269
Kawa bus to Ekawasaki area 34-1266 (Seasonal Service)

Tourist Information Center
(Shimanto City Tourism Association)

Community Facilities

- Shimanto City Library 35-2923
Yasunami Sports Park 34-2071
Shimanto City Central Public Hall 34-7311
Shimanto City Cultural Center 35-4887
Shimanto City Historical Museum 35-4096

Transport

- Kochi Seinan Transport Service co.(Bus) 34-1266
Sukumo Hire Nakamura (Taxi) 35-4961
Suzu Hire (Taxi) 34-2413
Heiwa Kanko Taxi 34-1414
Anzen Hire (Taxi) 35-3319

Emergency Contacts

- Nangoku Hire (Taxi) 35-3065
Sukumo Hire Nakamura (Taxi) 34-1313
Nakamura Hire (Taxi) 35-2188
Shimanto Municipal Hospital 34-2126
Nakamura Police Station 34-0110
Shimanto Fire Station 34-5881

Car and bike rental

- Toyota Rent a Car West-Shikoku Inc. 35-6200
Nippon Rent a Car Shikoku Inc. Nakamura Office 34-2421
Eki Rent a Car Nakamura Office 34-6696
Rent a Car Shimanto 34-2350
Rent-a-Cycle Hataji 34-2846

Shops

- Ushiro Shofudo 34-6161
Kayo Bussan (See P21) 35-2380
Zizake Sakagura Kotobukiya 35-2531
Sawada Alcoholic Drinks Shop 35-3339
Taisakusan honpo Fujiya (Head Office) 35-2920
Hayashi Katsuobushi-ten 34-7333
Taisakusan honpo Fujiya (Branch) 34-3533
Bussankan Sunriver Shimanto (See P21) 34-5551
Maruban Shoyu 35-2238
Nakamura Station Kiosk 35-4961

KEY
H= Hotel
R= Ryokan
(Traditional inn)
M= Minshuku
(Guest house)
J= Japanese Food
C= Chinese Food
B= Bakery
A= Takeaway

published in February 2013

Nishitosa Area Map

Canoe Kan
TEL: 0880-52-2121
<http://www.canoeekan.com>

Places of Interest

No.	Name	Area code (0880)
1	Fureai Hall	52-1110
2	Celestial Observatory	52-1110
3	Canoe Kan	52-2121
4	Furusato Annaisho	52-1984

Accommodation (Nishitosa Area)

No.	Name	Area code (0880)
1	(M) Kotobukiso	52-1049
2	(M) Sato no Ie	52-2121
3	(M) Sanson Health Center	52-1362
4	(M) Shimanto An	52-2121
5	(M) Shimanto Gakusya	54-1230
6	(M) Iwama no Ie	52-2121
7	(M) Nagaiki no Ie	52-1984
8	(M) Bungalow	52-2121
9	(H) Hotel Seira Shimanto	52-2225
10	(M) Hoshi hoshi no Ie	52-2121
11	(M) Minehage no Ie	52-2121
12	(M) Minshuku Konpira	52-1313
13	(M) Minshuku Senba	54-1002
14	(M) Minshuku Nishitosa	52-1469
15	(M) Momose An	52-2121
16	(M) Yuki no Yado	52-2121
17	(R) Ryokan Hamada	52-1008
18	(M) Log House	52-2121
19	(M) Shiraou no Mizugeshiki	54-1325
20	(M) Kuroson Yamagayado	56-1027
21	(M) Mori no cottage	56-1229
22	(M) Kuroson Kwabe no Yado	56-1148
23	(M) Ippuku Tei	52-2121
24	(M) Nakanokawa Furusato	52-2121
25	(M) Minshuku Asada	52-2121
26	(M) Minshuku Kitaya	52-2788
27	(M) Sayairo no Sato	56-1027

Shops & Restaurants

No.	Name	Area code (0880)
1	Farmer's restaurant Shaenjiri	(J)54-1477
2	Iwaki Shokudo	(J)52-1172
3	Furusato Ichi	52-1398
4	Straw Bale SANKANYA	31-6474

Boat tours in Nishitosa

R: Reservation is required

No.	Name	Area code (0880)
1	Canoe Kan	52-2121

Transport

Name	Area code (0880)
Kawasaki Hire (Taxi)	52-1025
Nishitosa Kotsu (Bus Co.)	52-1150
Ring-ring Cycle (Rent a bike)	52-2121

Emergency Contacts

Name	Area code (0880)
Police	52-1006
Local Fire Station	52-1143
Central Hospital Clinic	52-1011

Map Details:

- Directions:** To Nishitosa area, To Shimantocho Chuo IC and Kochi, To Mima IC, Uwajima and Matsuyama (Dog), To Kuroson, To Sukumo and Matsuyama, To Ashizuri Cape, To Tomiyama area, To Shimantocho Chuo IC and Kochi.
- Landmarks:** Iwama, Iwama Shimanto Jaya, Nakaba Rest Area, Kuchiyana, Kubokawa Rest Area, Katsuma, Takase, Misato, Sada Tunnel, Sada Rest Area, Yasunami Waterwheels, Shimanto City Historical Museum, Ichijō Shrine, Fuba Hachiman Shrine, Kosanji Wisteria Park, Shimantogawa Memorial Park, Shimanto Ohashi Bridge, Hirano Surfing Beach, Futami Surfing Beach, Onashishi Beach, Pacific Ocean.
- Activities:** Canoe Kan canoeing and camping, Kawaracko canoeing and camping, Fireflies, Autumn Leaves, Azalea.
- Other:** WC, GS, T, R, J, M, Y, Japanese Food, Hot Springs.

Legend:

- H=Hotel
- R=Ryokan (Traditional inn)
- M=Minshuku (Guest house)
- Y=Youth Hostel
- J=Japanese Food
- =Hot Springs

Travel Time Table:

From	To	Time
Ekawasiaki Station	about 1:10	
Canoe Kan	about 1:10	
Kuroson Gorge	about 1:30	
Kawaracko (canoeing and camping)	about 0:40	
Sada Chinkabashi	about 0:20	
Dragonfly Nature Park	about 0:10	
Yasunami Waterwheels	about 0:10	
Motor campsite "Tomarotto"	about 0:20	
Hirano Surfing Beach	about 0:20	
Daimonji Okuribi	about 0:20	
Kuroshio-Town	about 0:15	
Tosashimizu	about 0:40	
Ashizuri Cape	about 1:20	
Otsuki-Town	about 1:00	
Sukumo	about 0:40	
Mihara-village	about 0:40	
Kochi	about 2:00	
Matsuyama	about 3:30	
Takamatsu	about 3:30	
Tokushima	about 4:00	

For information about transport to the Shinto area, contact:

Planes

- Kochi Ryoma Airport Guide
TEL 088-863-2906 (Kochi)
- Matsuyama Airport Guide
TEL 089-973-5225 (Matsuyama)

Ferries

- Sukumo Ferries
TEL 0880-62-1100 (Sukumo)
- Uwajima Unyu Ferries
TEL 0894-23-2536 (Yawatahama)
- Kokudo Kyushu Ferries
TEL 0894-54-0173 (Misaki)
- Nankai Ferries
TEL 088-636-0750 (Tokushima)

Railways, Buses

- JR Kochi Station
TEL 088-822-8229
- Kochi Ken Kotsu
TEL 088-872-1221
- Kochi Seinan Kotsu
TEL 0880-34-1266 (Head Office)
- TEL 0880-34-6736 (Highway Bus)
- Tosa Kuroshio Railway Nakamura Station
TEL 0880-35-4961
- Uwajima Jidosha
TEL 0895-22-2200 (Uwajima)
- TEL 0880-63-2191 (Sukumo)

Shikoku Access Map

Shinto City (Nakamura)

Train and bus

Driving distances

Sea travel

Air travel